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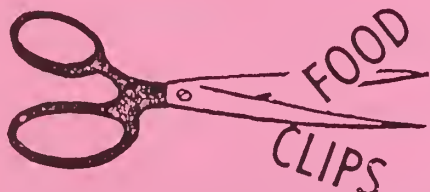
# Food and Home Notes

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An unopened canned ham should be stored no longer than six months. Once opened, any canned ham should be refrigerated and used within 7 days, according to the Animal, Plant Health Inspection Service of USDA.

\* \* \*

Refrigerate whole hams no longer than 7 days, cured half hams, slices of fresh ham, no more than 3-5 days. Fresh hams may be kept in the freezer (0 F or lower) 4 to 8 months, but cured hams no more than 1 to 2 months.

\* \* \*

Wheat flour contains gluten which helps to give a good structural framework to breads and cakes. Other flours contain little or no gluten so are often used in combination with wheat flour.

\* \* \*

Soy flour available to consumers for home-use is generally milled from the whole bean.

\* \* \*

## FOOD COMPOSITION DATA

### — ON HERBS AND SPICES

"Composition of Foods", Agriculture Handbook No 8-2 prepared by the Consumer and Food Economics Institute, Agricultural Research Service, USDA, is a new reference publication on nutrients for Herbs and Spices. This is the second in a series on food composition values (part of which was originally published as Handbook No. 8).

The development of the basic food composition tables used in the United States commenced more than 80 years ago. This new publication is in looseleaf form with each page showing the nutrient profile of a single food item on the 100 gram food basis, and in the edible portion of one pound as purchased. Thirty-nine individual spices and herbs and four spice mixtures are included in this reference material.

In handbook 8-2 spices and herbs are grouped according to leaves; fruits; seeds; bark; bulbs; roots; buds, stigmas; and mixtures. Data is included for 43 items as compared to only two of these items (chili powder and sesame seed) which were included in the 1963 edition of Handbook 8.

"Composition of Foods" Agriculture Handbook 8-2 is available from the Government Printing Office, Washington, D.C. 20402 at the cost of \$1.30.

## OFTEN CONSIDERED THE WORLD'S MOST IMPORTANT VEGETABLE

## —— THE POTATO

The potato is one of the few vegetables that originated in the Western hemisphere. Potatoes were grown in England and continental Europe as a curiosity -- but, the Irish were the first to recognize their food value.

--Potato growing in the U.S. dates back to 1719 when stock brought from Ireland was grown successfully in Londonberry, N.H.

--Did you know that the potato and tomato belong to the same family?

-- In 1848 nearly 100 kinds of potatoes were exhibited at the Mass. Horticulture Society -- and in 1876 at the Centennial Exhibition, 500 named varieties were shown.

--Potatoes in rainbow colors? Yes, in the early days of potato development in Europe they came in many colors some even two-toned. Skin color seems to have no connection with the cooking quality of the potato.

--White potatoes are the largest and most valuable vegetable crop in the world. World production of potatoes exceeds any other table food plant, including any cereal. (However, it is not, in the United States)

It's a mistaken notion that potatoes are a fattening food -- check the facts, suggest USDA marketing specialists. Potato lovers who are trying to shed pounds are putting potatoes back into low calorie menus -- but with a difference.

Potatoes Low Calorie Count

Potato, baked	1 medium	90
Potato, boiled without skin	1 medium	80
Potato, boiled with skin	1 medium	105
Potato, mashed with milk only	$\frac{1}{2}$ cup	63
Potato, mashed with milk and pat of butter	$\frac{1}{2}$ cup	93

But...count the calories before adding...1 tablespoon of butter or margarine approximately 100 calories -- parmesian cheese -- 25 calories; sour cream-- 25 calories; cottage cheese -- 17 calories; yogurt -- 8 calories; herbs and spices -- 0 calories. Or -- trim calories with some slim toppings such as toasted sesame seeds, whipped butter and a dash of poppy seeds; a mound of slivered pimento and green pepper, a spoonful of stewed tomatoes and coarsely grated cheese, melted butter or margarine thinned with lemon juice, sliced mushrooms marinated in low-calorie dressing.

## CONSUMER SPECIALIST

### — PLANS EDUCATIONAL TOURS

Sara Beck, consumer meat specialist with the USDA's Agricultural Marketing Service, has been assigned to travel throughout the United States to conduct discussions and demonstrations on buying meat by cut and USDA grade. She will also make television appearances to show consumers recommended methods of cooking according to cut and grade of meat selected. Seasonal and holiday meat buying and serving suggestions will

be demonstrated by Miss. Beck. Consumers will be given tips on how to judge meat eating quality and how the level of quality is associated with each grade.

Miss Beck was a consumer specialist for USDA's Animal and Plant Health Inspection Service for about ten years and also worked in the food service industry. She received a B.S. degree in Home Economics from Catawaba College, Salisbury, North Carolina, and a M.S degree in Home Economics and Communications from the University of Maryland.

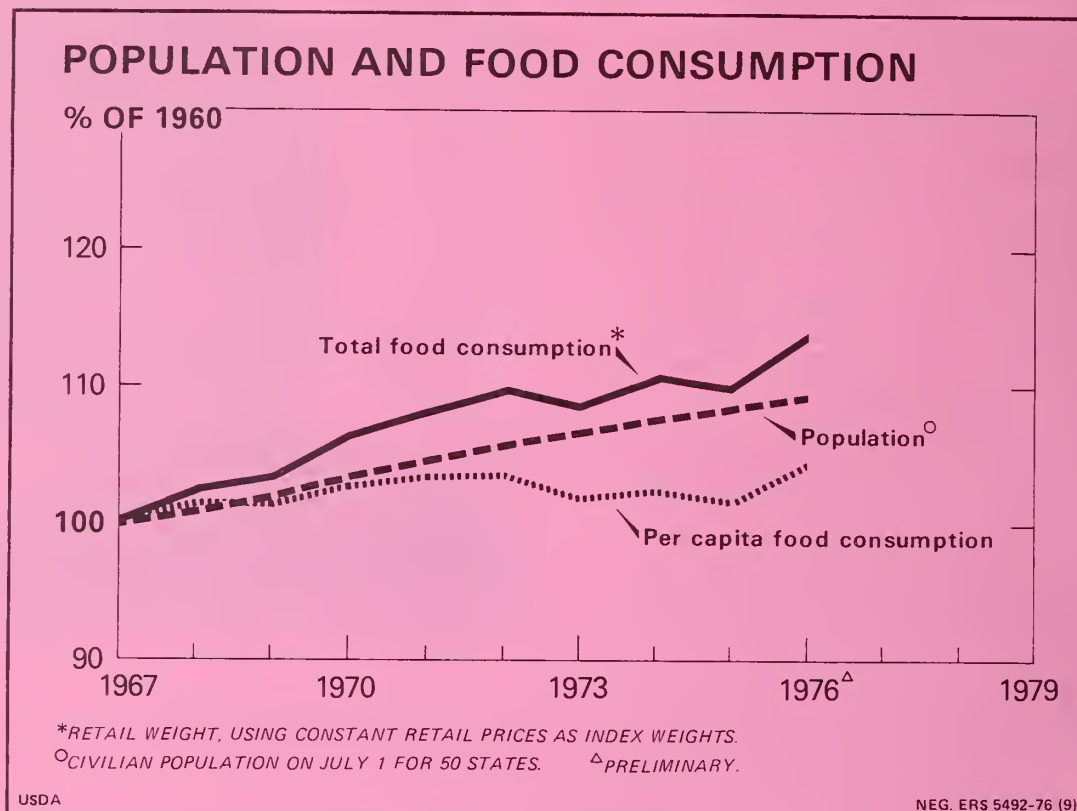
A native of North Carolina, Miss Beck was honored as one of the Foremost Women in Communications, 1969-70, was an outstanding Woman of the United States in 1969; and was included in "World Who's Who of Women" 1972. She is a member of the American Women in Radio and Television, the American Home Economics Association, and the Society of Consumer Affairs Professionals.



*Sara Beck, consumer meat specialist with the U.S. Department of Agricultural Marketing Service.*



## AGRICULTURAL CHARTS



Population and food consumption, 1967-76

Year	Civilian population <sup>1</sup>		Index of civilian food consumption <sup>2</sup>	
	Number	Index	Total	Per capita
	Million	1967=100	1967=100	1967=100
1967 .....	195.3	100.0	100.0	100.0
1968 .....	197.1	100.9	102.1	101.2
1969 .....	199.1	102.0	103.4	101.5
1970 .....	201.7	103.3	106.2	102.8
1971 .....	204.2	104.6	108.0	103.3
1972 .....	206.5	105.7	109.6	103.7
1973 .....	208.1	106.6	108.5	101.9
1974 .....	209.7	107.4	110.2	102.6
1975 .....	211.4	108.2	109.9	101.6
1976 <sup>3</sup> .....	213.0	109.1	113.8	104.3

<sup>1</sup> Population as of July 1; includes Alaska and Hawaii. <sup>2</sup> Individual food items are combined in terms of 1957-59 retail prices. <sup>3</sup> Preliminary.

Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/Prints of these charts are available to the PRESS for reproduction if requested to the Editor of Food and Home Notes.

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